



# Score Booklet

**Employee Benefits Division**

# Six Weeks to Wellness

## Congratulations!

You are taking an important step toward better health.

Six weeks to Wellness is designed to help you become aware of your own health habits and to provide guidelines to help you improve your healthy lifestyle.

This booklet will be your guide, record of activity and education in your quest for a healthier lifestyle. It is divided into three sections.

**Section 1:** General and educational information.

**Section 2:** Level 1 instructions and score charts for six weeks.

**Section 3:** Level 2 instructions and score charts for the six weeks.

We encourage you to have fun and learn more about healthy lifestyles.

Your Partner in Health  
Employee Benefits Division



# Section 1

## General and Educational Information

A State of  
Good Health

# Welcome to Six Weeks to Wellness

## How do I start?

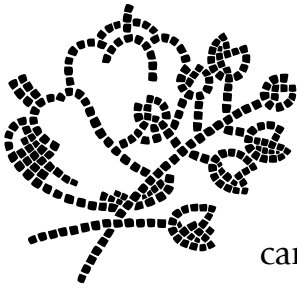
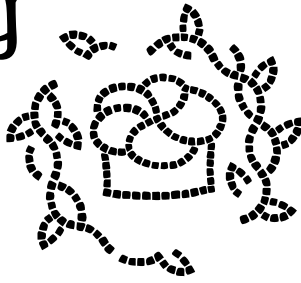
- Read this booklet for information about the six-week program. If you need additional information, contact your Six Weeks to Wellness site coordinator.
- To help you make your decision to participate in Level 1 or Level 2 refer to pages 14 & 15 and 24 & 25.
- Select three personal goal options that you want to work on. Refer to page 15 for Level 1 or page 25 for Level 2.
- Each day for six weeks, record your healthy activities on the score charts for the level you have chosen.
- Turn in your weekly point total and your final point total as instructed by your site coordinator.



# Low Fat Tips

- Steam, bake, microwave, or boil vegetables in minimal amounts of water to retain their nutrients. Stir-frying vegetables is another healthy cooking technique you could try. When stir-frying, make sure to use small amounts of vegetable or flavored oils, cooking wine, broth, or vegetable oil spray.
- Season vegetables with herbs or spices instead of fatty sauces, butter, or margarine.
- Try flavored vinegars or lemon juice on salads or use smaller servings of oil-based or lowfat salad dressings.
- Use vegetable oil in place of solid shortening, margarine, or butter whenever possible. Vegetable oils that are high in monounsaturated fats, such as canola or olive oil, are your best choices.
- Try whole grain flours to enhance the flavor of your lowfat, low cholesterol baked goods. Applesauce or pureed fruit can be substituted for vegetable oil, butter, or margarine when baking to make dessert items even healthier.
- Choose dairy products made with skim or lowfat milk. Replace whole milk with lowfat or skim milk in puddings, soups, and other recipes.
- Plain lowfat yogurt or blender-whipped lowfat cottage cheese can be used instead of sour cream or mayonnaise. Remember there are lowfat or fat-free sour cream or mayonnaise on the market also that can be flavored with herbs, spices, chives, or garlic to give them added flavor.
- It's easy to lower your fat intake by choosing lean protein sources such as poultry, fish, lean cuts of meat, or meat alternatives such as beans or a "cheeselike" soybean product called tofu. Remember to trim excess fat from meats and remove the skin from poultry before and/ or after cooking.
- There are a number of cooking methods that can help you reduce the fat content of prepared meats and fish. These include roasting, broiling, grilling, baking, or stir-frying instead of pan or deep-frying them in fat.

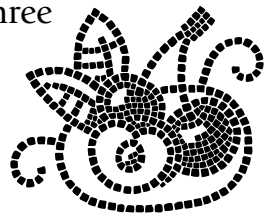
# Dietary Fiber



Fiber is an important component of a healthy diet. A high-fiber diet has been shown to reduce constipation, LDL (bad) cholesterol and diverticulosis and reduce the rate of colon and rectal cancers.

The most abundant sources of fiber are fruits, vegetables, grains and beans. It is recommended that you consume about 20 grams of dietary fiber per day. This can be accomplished by eating five or more servings of fruits and vegetables along with at least three servings of whole-grain foods, such as whole grain breads or cereal.

Look for the fiber content on the nutrition label or refer to the chart on the next page.



## Dietary Fiber Content in Some Common Foods

Foods	Serving Size	Fiber (gm)
<b>Breads, Grains and Legumes</b>		
Rice, brown, cooked	1 cup	6.4
Rice, white, cooked	1 cup	2.1
Oatmeal	1 cup	4.0
White bread	1 slice	0.7
Whole wheat bread	1 slice	2.8
<b><u>Beans</u></b>		
Garbanzo (cooked)	1 cup	10
Kidney (canned)	1 cup	15
Lentils (cooked)	1/2 cup	5
Pinto (cooked)	1/2 cup	10
<b>Fruits</b>		
Apple	1 medium	3.3
Apricots	3 apricots	2.0
Bananas	1 medium	1.4
Cantaloupe	1/4 melon	1.3
Grapes	1/2 cup	0.8
Orange	1 small	2.4
Peach	1 medium	2.0
Pear	1 medium	4.7
<b>Vegetables</b>		
Asparagus, cooked	2/3 cup	1.4
Baked Potato	1 med.	3.0
Beans, green, cooked	1/2 cup	1.1
Broccoli, cooked	2/3 cup	4.2
Brussels sprouts, cooked	2/3 cup	3.0
Cabbage, raw	1/2 cup	1.0
Carrots, cooked	2/3 cup	3.8
Carrots, raw	1 large	2.8
Cauliflower, cooked	1/2 cup	1.1
Cauliflower, raw	1/2 cup	1.3
Celery, raw, diced	1 cup	1.2
Corn, canned, kernels	1/2 cup	1.1
Lettuce	1 cup	0.8
Peas, cooked	1/2 cup	3.0
Potato, white, cooked	1 medium	1.1
Spinach, raw	1 cup	1.8
Tomato, raw	1 small	1.7

## Why Should I Eat More Fruits and Vegetables?

Did you know that two-thirds of all deaths are due to diseases associated with diet? Research confirms that consuming five or more servings of fruits and vegetables a day has a protective effect against certain diseases. Findings show that increased fruit and vegetable consumption can offer protection against certain cancer, cardiovascular disease, diabetes, stroke, obesity, diverticulosis, and even cataracts. Fruits and vegetables are rich sources of vitamins A and C, fiber, phytochemicals, and other nutrients that offer protection against these serious diseases. Other components of fruits and vegetables that can help you stay healthy include:

- **Phytoestrogens** – found in soy products (like tofu). Phytoestrogens may affect breast cancers by reducing cancer cell growth. Research shows that consuming more soy-based foods can result in other important health advantages such as heart disease prevention and decreasing the effects of menopause.
- **Carotenoids** – found in red, yellow, and green fruits and vegetables (these include carrots, sweet potatoes, tomatoes, spinach, broccoli, cantaloupe, and apricots). Carotenoids exert a protective effect against breast cancer. They also contain cell-protecting substances such as vitamins A and C. These vitamins protect body cells by controlling reactive molecules that start tumor growth, and thus prevent cancer cells from starting to develop.
- **Indoles** – present in what are called “cruciferous” vegetables of the cabbage family, help prevent certain cancers. These vegetables include broccoli, bok choy, cauliflower, Brussel sprouts, and cabbage. One serving of cruciferous vegetables 3 times per week is what is recommended.
- **Lycopene** – just coming out on the scene . . . this compound is found in tomatoes and tomato products and contributes to the reduction of such cancers as prostate and cervical cancer.
- **Fiber** – found in fruits and vegetables. Fiber adds bulk to waste products of digestion in the large intestine. Fiber protects you from cancer-causing agents that might be present in the waste by lessening the time the waste stays in the intestine. Fiber also prevents formation of outpouching (diverticula) in the walls of the large intestine by decreasing pressure in the bowel. A high fiber diet is also essential in relieving constipation, in the prevention of hemorrhoids, and in attempts of weight loss because it keeps you “filled-up”. To get these benefits of fiber, remember to always increase your fluid intake as you increase your fiber intake to prevent any adverse digestive problems.



## Ways to Eat More Fruits and Vegetables

Begin by adding just one extra serving of a fruit or vegetable to your daily intake in the first week and then add an additional serving in the following weeks. If you drink a small glass of juice at breakfast and eat a baked potato (no fries) at supper, you are already eating 2 servings a day! Add a box of raisins, or other dried fruit as a snack at work, and an additional vegetable with your supper, you will be up to 4 servings for that day. Replace those high fat crackers, cookies, or that pastry you normally have as a snack or with your meals with a piece of fruit or a serving of raw vegetables. Now you're at 5 servings a day!

### *Other helpful suggestions:*

- Try eating a medium sized apple (70 calories) as a mid-morning snack instead of a doughnut (about 200 calories).
- Substitute shredded carrots for part of the meat in your favorite chili recipe. The carrots add a sweet flavor but are not noticeable when they cook down.
- *At breakfast:* Add sliced bananas or strawberries to your cereal, have a bowl of fruit such as 1/2 cup of canned peaches or melon, or top your pancakes, french toast, or waffles with fruit instead of syrup.
- *At lunch:* Choose a salad or a soup that has vegetables, add cut up vegetables to your brown bag lunch (like red and green peppers, cucumbers, or carrot and celery sticks), eat a piece of fruit or a couple of plums or kiwi, or add lettuce, tomato, or other vegetables to your sandwich.
- *At dinner:* Replace your french fries with the vegetable of the day, add lots of vegetables to your pasta dish, stir-fry, or casserole. Add raw vegetables or fruit to your green salad, or use fruits to liven up your plain desserts like topping your frozen yogurt with papaya, pineapple, or strawberries.
- *For snacks:* Nibble on some grapes or raisins. Take along some dried fruits such as apricots, cherries, figs or banana chips to snack on, or keep raw vegetables in ice water in the refrigerator that can be grabbed easily.

### *Recommended serving size to equal one serving:*

- 1/2 of a potato or half of a large piece of fruit (like a large banana or grapefruit) is one serving.
- Six ounces of fruit or vegetable juice is one serving.
- 1/2 cup of canned fruit (no heavy syrup) or cooked vegetable is one serving.
- 1/4 cup of dried fruit is one serving.
- 1 cup of raw vegetables counts as one serving.
- 2 figs or plums count as one serving of fruit.
- 1 cup of watermelon is a serving of fruit.

*Prepared by Mary Niester, R.D.*

## Exercise Precautions

It is very important that each session of physical activity begin with a warm-up period and end with a cool-down period, during which the activity is done at a slower pace.

**Danger signals during exercise:** If you experience any of the following symptoms of abnormal response to vigorous exercise, stop exercising and see your physician before resuming your training program: 1) chest pain or pressure, pain in the arm, throat, or jaw which is present during exercise or immediately after exercising; 2) dizziness, lightheadedness, confusion, sudden lack of coordination, cold sweating, glassy stare, nausea, or fainting; 3) abnormal heart activity such as many noticeable extra beats, fluttering, palpitations in the chest or throat, or sudden bursts or rapid heart beats. If any of these symptoms persist, seek emergency care.

**Medical Clearance:** If you have any of the following, check with your physician before initiating any changes in your exercise routine: 1) history of heart disease; 2) history of chest pain diagnosed by a physician as angina pectoris; 3) any known cardiac dysrhythmias (abnormal heart beats) or conduction defects; 4) history of stroke; 5) use of medications for the heart or blood vessels during the last 3 months, including medicine for chest pain, dysrhythmias, congestive heart failure, or high blood pressure; 6) any acute infectious disease (colds, flu, virus, etc.); 7) neuromuscular, musculoskeletal, or orthopedic disorders that would make walking uncomfortable or dangerous; 8) renal (kidney), hepatic (liver), or other metabolic problems; 9) resting blood pressure greater than 160 mm Hg systolic or 100 mm Hg diastolic; 10) previous medical advice not to exercise; 11) any suspicion of yours that exercise may be harmful for you.



**Exercise During Sick Periods:** Never exercise if you develop a severe cold or fever. After your symptoms subside, resume your exercise program at a lower intensity and duration for the first couple of days.

**Bathing After Exercise:** Avoid steam and sauna baths, whirlpools, and very hot or cold baths or showers following vigorous exercise. Extremes of water temperature may affect your cardiovascular system to the extent that you develop dizziness or angina.

**Hot Weather Precautions:** Since your body cools itself down by the evaporation of sweat, you should exercise wearing loose fitting, lightweight clothing. During very hot and humid weather conditions evaporation becomes limited. Exercise during the coolest parts of the day or in an air-conditioned environment if possible. Water should be taken before, during, and following exercise. You may have to decrease the duration and intensity of your workout during very hot weather since your heart works harder.

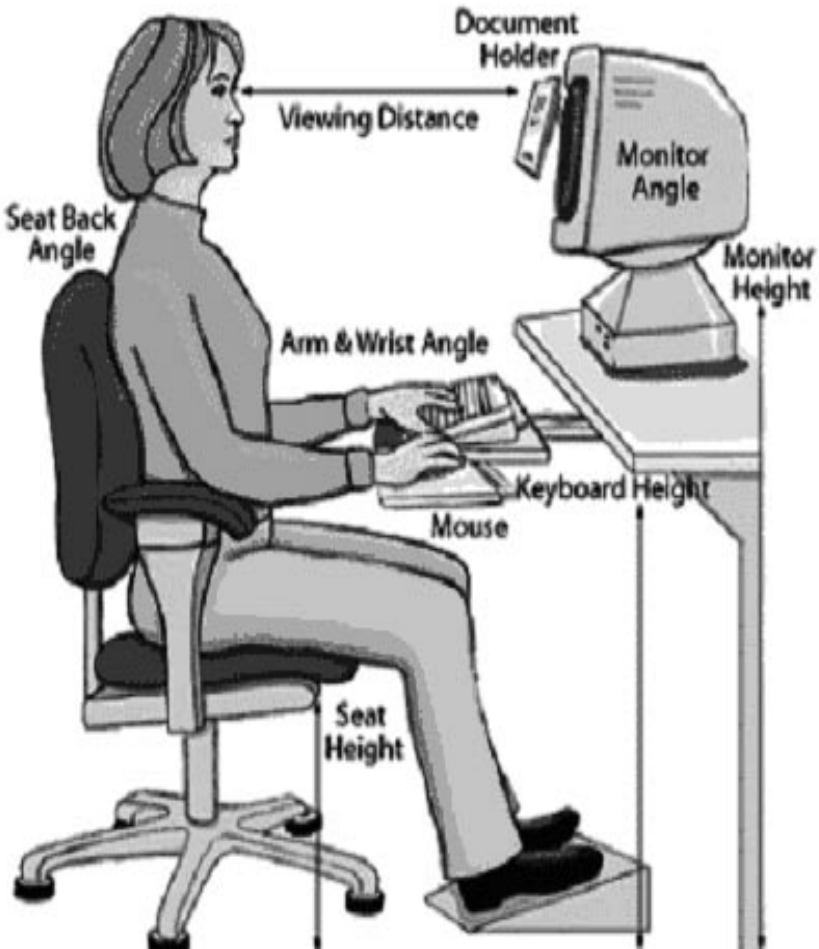
## Suggestions for Coping With the Stresses of Change

- The way business is done outside of and within state government is rapidly changing. These rapid changes require a higher level of adaptability by employees. The best way to eliminate the stress associated with change is to know when to surrender to change and go with it, rather than against it.
- We must be careful not to make life more difficult for ourselves and pay attention to how we react to change so we do not create self-induced stress.
- Take responsibility for managing the pressure you feel due to changes in your work. Only you can reduce the psychological pressure you feel by deciding how you will handle the changes.
- Change with the organization. Put your energy into adjusting to the changes as quickly as possible instead of fighting against them. Your decision to do this will reduce the amount of stress you are feeling.
- Remain productive - it will make you feel better. Don't fall into the trap of feeling sorry for yourself.
- Decide if you need to change old job behaviors. Doing your job using "old ways" in a new environment will not work and can really wear on your nerves. It's like trying to go 80 miles an hour in a vehicle stuck in second gear, soon the strain causes engine damage. Change your game plan and figure out how you need to adapt your work behaviors to fit the new organizational expectations.



## When working at a computer:

### Components of a Comfortable Workstation



- Sit directly in front of monitor
- Place top of the monitor at or just below eye level
- Place keyboard at a height so wrists are straight
- Rest feet flat on floor or supported on foot rest
- Frequently shift position to release tension on the body
- Use document holder for holding data you are entering into computer

# Section 2

## Instructions and Score Charts for Level 1

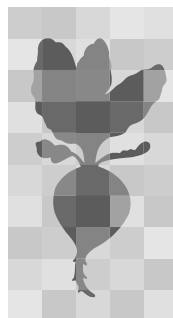
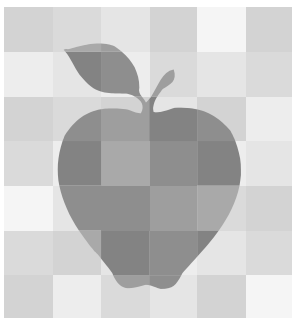
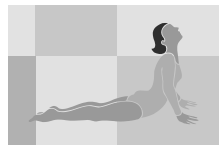
A State of  
Good Health

# Lets Get Started – Level 1

## What Healthy Habits Earn Points?

### Level 1

- **For exercising** — One point is given for 15 continuous minutes of physical activity.  
A maximum of 4 points per day can be earned and a maximum of 20 points per week. A minimum of 16 points **MUST** come from continuous physical activity such as: walking, cycling, swimming or aerobics. The remaining 4 points may be earned from non-aerobic strength building exercises such a stomach crunches, push ups, resistance or weight training and stretching.
- **For eating fruits** — One point is given for eating 2 servings of fruit in a day. One serving is  $\frac{1}{2}$  cup of juice or fruit or 1 medium-sized piece. For example, all the day's fruit servings could be consumed in a breakfast that included 4 ozs. of juice and half a large banana.
- **For eating vegetables** — One point is given for eating 3 servings of vegetables in a day. One serving is  $\frac{1}{2}$  cup of cooked or raw vegetables.
- **For eating fruit & veggies** — Your mom would be proud! Because of the extreme health value of eating fruits **AND** vegetables, 1 additional point per day is given if **ALL** the fruit and **ALL** the vegetable servings are consumed.



# Personal Goal Options

Choose 3 behaviors from the list below. **You will work on the behaviors you choose for the entire 6 weeks.** The temptation may be to pick one you're already doing (to get those points!), but remember, you are doing this for yourself — so pick something you need and want to work on and stick with it,

- **Fiber:** One point is earned each day a minimum of 20 grams of fiber per day is consumed. Do not consume more than 35 grams/ day.
- **Water:** One point is earned each day that a minimum of 64 ounces of liquids is consumed, of which 32 ounces **MUST** come from water. The other 32 ounces may be in the form of non-caffeinated, non-alcoholic beverage. Your body needs approximately 1/2 ounce of water per pound of body weight (10–8 oz. glasses if you weigh 160 pounds) — more if you are active.
- **Flossing:** One point is earned each day for daily flossing. (Daily use of a Water Pic or similar device is acceptable.)
- **No Tobacco:** One point is earned each day for non-use of tobacco of any type.
- **No Alcohol:** One point is earned each day for not consuming alcoholic beverages.
- **Less Salt:** One point is earned for each day no additional salt is sprinkled on pre-prepared foods. The National Academy of Sciences has suggested 500 mgs. (or less than 1/4 teaspoon salt) of sodium a day is a safe minimum intake.
- **Safety Belt:** One point is earned each day you use your safety belt. (You must use your safety belts each time you are in a motorized vehicle to earn one point for that day.)
- **Back Exercise:** One point is earned each day you do 10 minutes of back exercises. You may obtain a sheet of these exercises from your 6W2W coordinator.
- **Stress Management:** One point is earned each day you meditate or practice progressive relaxation for 10 minutes or more. An information sheet is available from your coordinator.
- **Other:** You May Design One Daily Health Behavior Yourself. It may be related to an identified medical treatment or disease, such as not missing a pill or following a prescribed diet (one point per day).

# WEEK 1

"Keep it simple, remember slow and steady wins the race."

## Level 1

"It is not the strongest of the species that survive,  
Nor the most intelligent, but the one most responsive to change."

— Charles Darwin



Choose your optional goals from page 15 and write them into your score charts.

DATE	Physical Activity (Points)	Fruits (Points)	Veggies (Points)	Fruits & Veggies BONUS (Points)	Option I (Points)	Option II (Points)	Option III (Points)	Low-Fat (* Points)
Monday								
Tuesday								
Wednesday								
Thursday								
Friday								
Saturday								
Sunday								
WEEKLY TOTALS:								

\*"Low-Fat" Week. Earn 2 points each day this week that 30% or fewer of your calories come from fat.

$$\frac{\text{Total Daily Fat Grams} \times 9}{\text{Total Daily Calories}} \times 100 = \% \text{ Calories From Fat}$$

My Week 1 Score: \_\_\_\_\_  
The Maximum Weekly Score is 76.



# WEEK 2

"Strength is the ability to break a chocolate bar into four pieces with your bare hands – and then eat just one of those pieces."

## Artichoke-Tomato Pizza

This recipe is reprinted with permission from The New American Heart Association Cookbook, Seventh Edition, Copyright © 2004 by the American Heart Association. Published by Clarkson Potter/Publishers, a division of Random House, Inc. Available from booksellers everywhere.

Vegetable oil spray	4 ounces part-skim mozzarella cheese or fat-free mozzarella-flavor soy cheese, shredded
1 refrigerated pizza crust in tube can	3 medium Italian plum tomatoes, chopped
2 tablespoons grated Parmesan or Romano cheese	1/2 cup thinly sliced red onion
8-ounce package frozen artichoke hearts, thawed, drained, and chopped	1 medium garlic clove, minced
1 teaspoon balsamic vinegar	1/2 teaspoon salt-free Italian seasoning, crumbled

Preheat the oven using the pizza crust package directions. Line a baking sheet with aluminum foil. Lightly spray the foil with vegetable oil spray. Spread the pizza crust on the foil. Bake for 7 minutes. Sprinkle the mozzarella and Parmesan over the crust. In a medium bowl, stir together the remaining ingredients except the Italian seasoning. Arrange the mixture on the cheese. Sprinkle with the herb seasoning. Bake for 8 to 10 minutes, or until the cheese is bubbly. Serves 6

Calories: 227	Protein: 12 g	Carbohydrates: 30 g	Total fat: 7.0 g	Saturated: 3.0 g
Polyunsaturated: 0.0 g	Monounsaturated: 0.5 g	Cholesterol: 15 mg	Fiber: 4 g	Sodium: 527 mg

	Physical Activity	Fruits	Veggies	Fruits & Veggies BONUS	Option I	Option II	Option III	Fiber
DATE	(Points)	(Points)	(Points)	(Points)	(Points)	(Points)	(Points)	(*Points)
Monday								
Tuesday								
Wednesday								
Thursday								
Friday								
Saturday								
Sunday								
WEEKLY TOTALS:								

**\*"Fiber" Week.** Earn 2 points each day this week for eating a minimum of 20 grams of fiber per day—do not exceed 35 grams of fiber in a day. (If you have chosen "fiber" as one of your options, choose an additional option during this week.)

**My Week 4 Score:** \_\_\_\_\_  
**The Maximum Weekly Score is 76.**

# WEEK 3

"Exercising with a cold is O.K. if you're careful."

## Level 1



Washing your hands with soap and water regularly is the single most important way to prevent the spread of colds and flu!

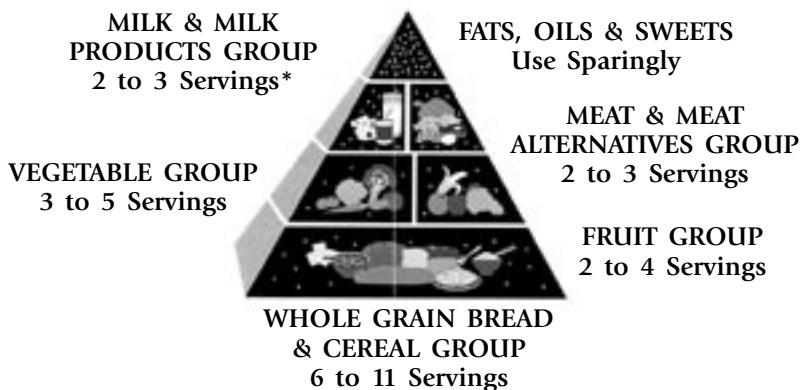
DATE	Physical Activity (Points)	Fruits (Points)	Veggies (Points)	Fruits & Veggies BONUS (Points)	Option I (Points)	Option II (Points)	Option III (Points)	Healthy Hands (*Points)
Monday								
Tuesday								
Wednesday								
Thursday								
Friday								
Saturday								
Sunday								
WEEKLY TOTALS:								

\*"Your Health is in Your Hands" Week. Earn 2 points each day for washing your hands with soap and water every time you use the bathroom and before you eat.

My Week 3 Score: \_\_\_\_\_  
The Maximum Weekly Score is 76.

# WEEK 4

"Each day is a new beginning,  
focus on what you can  
accomplish today."



DATE	Physical Activity (Points)	Fruits (Points)	Veggies (Points)	Fruits & Veggies BONUS (Points)	Option I (Points)	Option II (Points)	Option III (Points)	Healthy Breakfast (*Points)
Monday								
Tuesday								
Wednesday								
Thursday								
Friday								
Saturday								
Sunday								
WEEKLY TOTALS:								

\*"Healthy Breakfast" Week. Earn 2 points per day for eating a breakfast that includes 3 of the following food groups: fruits & veggies, dairy, bread/cereal rice or protein.

My Week 4 Score: \_\_\_\_\_  
The Maximum Weekly Score is 76.

# WEEK 5

"All that you achieve is the direct result of what you believe you can achieve."

## Level 1

### How Do I Take Care of My Back?

- When lifting objects from the floor, or low level, squat close to the object, keep it close to your body and lift slowly, letting your legs do the work. Avoid twisting your back. Ask for help if the object is too heavy.
- Use carts to help move heavy items. Push the cart instead of pulling it.
- Do regular exercises to strengthen your back, legs and abdominal muscles.
- Wear low-heeled shoes or boots.
- When working at the computer, place the screen slightly lower than eye level. The keyboard should be positioned so your wrists are straight. Use a document holder if you are reading material that is being typed.

DATE	Physical Activity (Points)	Fruits (Points)	Veggies (Points)	Fruits & Veggies BONUS (Points)	Option I (Points)	Option II (Points)	Option III (Points)	Comm. Service (*Points)
Monday								
Tuesday								
Wednesday								
Thursday								
Friday								
Saturday								
Sunday								
WEEKLY TOTALS:								

\*"Lend a Hand" Week. You earn 14 points for any community service you do this week.

My Week 5 Score: \_\_\_\_\_  
The Maximum Weekly Score is 76.

# WEEK 6

"For health, eat like a king at breakfast, a prince at lunch, and a pauper at dinner."

DATE	Aerobic Activity (Points)	Strength & Stretching (Points)	Fruits & Veggies (Points)	Cruciferous (Points)	Option I (Points)	Option II (Points)	Option III (Points)	Just Because (*Points)
Monday								
Tuesday								
Wednesday								
Thursday								
Friday								
Saturday								
Sunday								
WEEKLY TOTALS:								

**\*"You've Earned It" Week.** You earn 14 points "just because" you've stuck it out. Congratulations!

My Week 6 Score: \_\_\_\_\_  
The Maximum Weekly Score is 76.

My "Six Weeks to Wellness" Total Score: \_\_\_\_\_

(Add your scores—Week 1 through Week 6)

The Maximum Total Score is 456.





# Section 3

## Instructions and Score Charts for Level 2

A State of  
Good Health

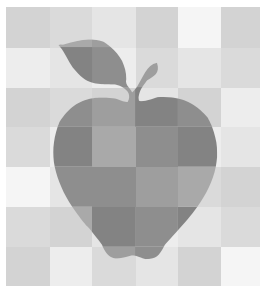
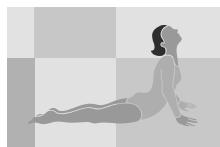
# Lets Get Started – Level 2

Note: Level (2) of Six Weeks to Wellness is for those of you that are already practicing the healthy behaviors in Level I and want to participate at a more challenging level. You will be able to earn the same number of total points as Level 1, but your requirements will be increased.

## Level 2

### What Healthy Habits Earn Points?

- **For exercising** — One point is given for 15 continuous minutes of aerobic physical activity. A maximum of 4 points per day can be earned and a maximum of 24 points per week. Vary your activities and listen to your body . . . injuries are setbacks . . . prevent them. Activities such as: walking, cycling, swimming, running or aerobics.
- **For strength training and stretching** — One point is given for every 15 minutes of strength (resistance) training or stretching activity. A maximum of 2 points per day may be earned and a maximum of 6 points may be earned per week.
- **For eating fruits AND vegetables** — One point is given each day for eating 3 servings of fruits AND 4 servings of veggies per day. One serving is  $\frac{1}{2}$  cup of juice, fruit, or cooked vegetables or 1 cup of raw vegetables. No partial points are allowed.
- **For eating cruciferous vegetables** — One point is given for each serving of cruciferous (cabbage family – bok choy, broccoli, cauliflower, Brussels sprouts and cabbage) veggies you eat. A maximum of 1 point per day and a maximum of 4 points per week.





# Personal Goal Options

Choose 3 behaviors from the list below. **You will work on the behaviors you choose for the entire 6 weeks.** The temptation may be to pick one you're already doing (to get those points!), but remember, you are doing this for yourself — so pick something you need and want to work on and stick with it.

- **Fiber:** One point is earned each day a minimum of 20 grams of fiber per day is consumed. Do not consume more than 35 grams/day.
- **Water:** One point is earned each day that a minimum of 64 ounces of liquids is consumed, of which 32 ounces **MUST** come from water. The other 32 ounces may be in the form of non-caffeinated, non-alcoholic beverage. Your body needs approximately 1/2 ounce of water per pound of body weight (10–8 oz. glasses if you weigh 160 pounds) — more if you are active.
- **Flossing:** One point is earned each day for daily flossing. (Daily use of a Water Pic or similar device is acceptable.)
- **No Tobacco:** One point is earned each day for non-use of tobacco of any type.
- **No Alcohol:** One point is earned each day for not consuming alcoholic beverages.
- **Less Salt:** One point is earned for each day no additional salt is sprinkled on pre-prepared foods. The National Academy of Sciences has suggested 500 mgs. (or less than 1/4 teaspoon salt) of sodium a day is a safe minimum intake.
- **Safety Belt:** One point is earned each day you use your safety belt. (You must use your safety belts each time you are in a motorized vehicle to earn one point for that day.)
- **Back Exercise:** One point is earned each day you do 10 minutes of back exercises. You may obtain a sheet of these exercises from your 6W2W coordinator.
- **Stress Management:** One point is earned each day you meditate or practice progressive relaxation for 10 minutes or more. An information sheet is available from your coordinator.
- **Other:** You May Design One Daily Health Behavior Yourself. It may be related to an identified medical treatment or disease, such as not missing a pill or following a prescribed diet (one point per day).

# WEEK 1

"Keep it simple, remember slow and steady wins the race."

## Level 2

"It is not the strongest of the species that survive,  
Nor the most intelligent, but the  
one most responsive to change."

— Charles Darwin



Choose your optional goals from page 25 and write them into your score charts.

DATE	Aerobic Activity (Points)	Strength & Stretching (Points)	Fruits & Veggies (Points)	Cruciferous (Points)	Option I (Points)	Option II (Points)	Option III (Points)	Low-Fat (* Points)
Monday								
Tuesday								
Wednesday								
Thursday								
Friday								
Saturday								
Sunday								
WEEKLY TOTALS:								

\*"Low-Fat" Week. Earn 2 points each day this week that 30% or fewer of your calories come from fat.

$$\frac{\text{Total Daily Fat Grams} \times 9}{\text{Total Daily Calories}} \times 100 = \% \text{ Calories From Fat}$$

My Week 1 Score: \_\_\_\_\_  
The Maximum Weekly Score is 76.

# WEEK 2

"Strength is the ability to break a chocolate bar into four pieces with your bare hands— and then eat just one of those pieces."

## Warm Red Cabbage Bacon Salad

Credit: Recipe developed for the Produce for Better Health Foundation by Chef Carmen I. Jones, CCP.

3 slices reduced-fat turkey bacon	1 ½ tbsps. olive oil
½ large onion, peeled and chopped	3 large stalks celery, sliced
1/3 cup cider vinegar	½ large red cabbage, shredded to yield about 6 cups*
3 tbsp. sugar	½ tsp. celery seed
salt and pepper, optional**	2 tbsp. chopped parsley, garnish

Cut bacon slices into 1-inch pieces and sauté over MEDIUM-LOW heat in a very large, deep skillet until crisp but not overdone. Remove to absorbent paper and reserve. Drain off all bacon fat and replace with olive oil. Heat oil in skillet over HIGH heat. Add onion and celery and sauté briefly. Add vinegar, sugar, and celery seed. Heat until boiling; immediately add cabbage and bacon pieces, all at once. Stir and toss for about 1 minute, or until the cabbage is warm, not cooked. Season with salt and pepper if desired. Serve immediately while very warm with garnish of chopped parsley.      Servings: 4 - 1 ¼ cup. 5 A Day servings: 4.

Calories: 190  
Dietary Fiber: 5g

Carbohydrates: 22g  
% of Calories from Fat: 15%

Total Fat: 7g    Cholesterol: 15mg  
Sodium: 300mg

Saturated Fat: 2g  
Protein: 6g

DATE	Aerobic Activity (Points)	Strength & Stretching (Points)	Fruits & Veggies (Points)	Cruciferous (Points)	Option I (Points)	Option II (Points)	Option III (Points)	Fiber (*Points)
Monday								
Tuesday								
Wednesday								
Thursday								
Friday								
Saturday								
Sunday								
WEEKLY TOTALS:								

**\*"Fiber" Week.** Earn 2 points each day this week for eating a minimum of 20 grams of fiber per day—do not exceed 35 grams of fiber in a day. (If you have chosen "fiber" as one of your options, choose an additional option during this week.)

**My Week 4 Score:** \_\_\_\_\_  
**The Maximum Weekly Score is 76.**

# WEEK 3

"Exercising with a cold is O.K. if you're careful."

## Level 2



Washing your hands with soap and water regularly is the single most important way to prevent the spread of colds and flu!

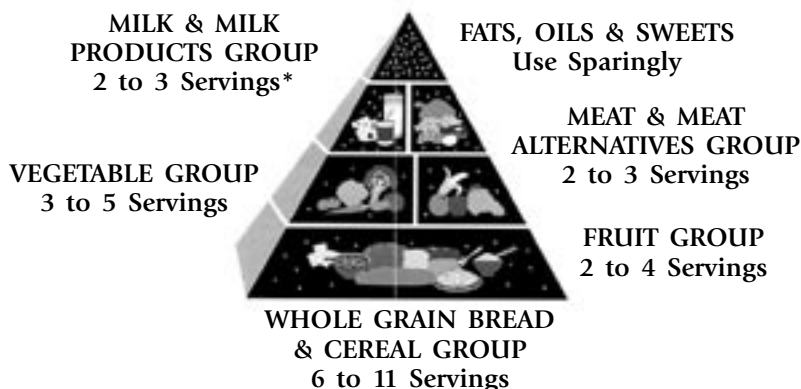
DATE	Aerobic Activity (Points)	Strength & Stretching (Points)	Fruits & Veggies (Points)	Cruciferous (Points)	Option I (Points)	Option II (Points)	Option III (Points)	Healthy Hands (* Points)
Monday								
Tuesday								
Wednesday								
Thursday								
Friday								
Saturday								
Sunday								
WEEKLY TOTALS:								

\*"Your Health is in Your Hands" Week. Earn 2 points each day for washing your hands with soap and water every time you use the bathroom and before you eat.

My Week 3 Score: \_\_\_\_\_  
The Maximum Weekly Score is 76.

# WEEK 4

"Each day is a new beginning,  
focus on what you can  
accomplish today."



DATE	Aerobic Activity (Points)	Strength & Stretching (Points)	Fruits & Veggies (Points)	Cruciferous (Points)	Option I (Points)	Option II (Points)	Option III (Points)	Healthy Breakfast (* Points)
Monday								
Tuesday								
Wednesday								
Thursday								
Friday								
Saturday								
Sunday								
WEEKLY TOTALS:								

\*"Healthy Breakfast" Week. Earn 2 points per day for eating a breakfast that includes 3 of the following food groups: fruits & veggies, dairy, bread/cereal rice or protein.

My Week 4 Score: \_\_\_\_\_  
The Maximum Weekly Score is 76.

# WEEK 5

"All that you achieve is the direct result of what you believe you can achieve."

## Level 2

### How Do I Take Care of My Back?

- When lifting objects from the floor, or low level, squat close to the object, keep it close to your body and lift slowly, letting your legs do the work. Avoid twisting your back. Ask for help if the object is too heavy.
- Use carts to help move heavy items. Push the cart instead of pulling it.
- Do regular exercises to strengthen your back, legs and abdominal muscles.
- Wear low-heeled shoes or boots.
- When working at the computer, place the screen slightly lower than eye level. The keyboard should be positioned so your wrists are straight. Use a document holder if you are reading material that is being typed.

DATE	Aerobic Activity (Points)	Strength & Stretching (Points)	Fruits & Veggies (Points)	Cruciferous (Points)	Option I (Points)	Option II (Points)	Option III (Points)	Comm. Service (*Points)
Monday								
Tuesday								
Wednesday								
Thursday								
Friday								
Saturday								
Sunday								
WEEKLY TOTALS:								

**\*\*"Lend a Hand" Week.** You earn 14 points for any community service you do this week.

My Week 5 Score: \_\_\_\_\_  
The Maximum Weekly Score is 76.

# WEEK 6

"For health, eat like a king at breakfast, a prince at lunch, and a pauper at dinner."

DATE	Aerobic Activity (Points)	Strength & Stretching (Points)	Fruits & Veggies (Points)	Cruciferous (Points)	Option I (Points)	Option II (Points)	Option III (Points)	Just Because (*Points)
Monday								
Tuesday								
Wednesday								
Thursday								
Friday								
Saturday								
Sunday								
WEEKLY TOTALS:								

**\*"You've Earned It" Week.** You earn 14 points "just because" you've stuck it out. Congratulations!

My Week 6 Score: \_\_\_\_\_  
The Maximum Weekly Score is 76.

My "Six Weeks to Wellness" Total Score: \_\_\_\_\_

(Add your scores—Week 1 through Week 6)

The Maximum Total Score is 456.







[illegible]



# **A State of Good Health**

**Employee Benefits Division  
Employee Health & Wellness  
P.O. Box 30002  
Lansing, Michigan 48909**

<p>Total Copies Printed: 300 Total Cost: \$360.24 Cost Per Copy: \$.120</p>
---



# Score Booklet

**Employee Benefits Division**